LIFT SAFE / LIFT SMART

DET 6, 7 WS

Lift Safe/Lift Smart

- **The purpose of this briefing is to educate you in safe lifting techniques.**
- **It is not intended to be an “absolute” briefing but rather a “memory jogger” for everyone.**

Lift Smart/Lift Safe

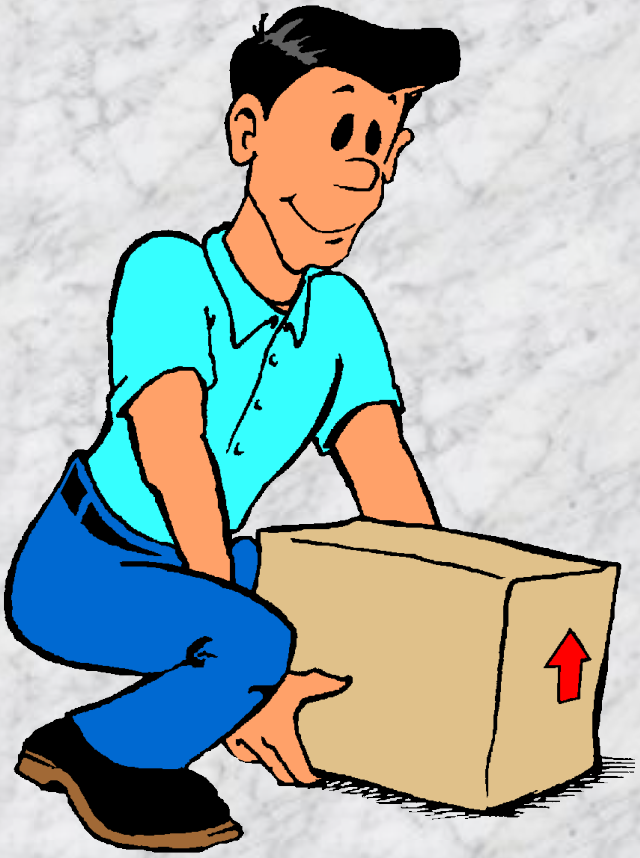
- It is estimated that 8 out of 10 people will suffer a back injury sometime in their life.
- In fact, back injuries cost employers an estimated $10 billion dollars a year. **(source Back to Basics Handbook)**

Lift Smart/Lift Safe

- Preventing back injuries takes a team effort
- Management is committed to limiting on the job back injuries through ergonomic studies and education

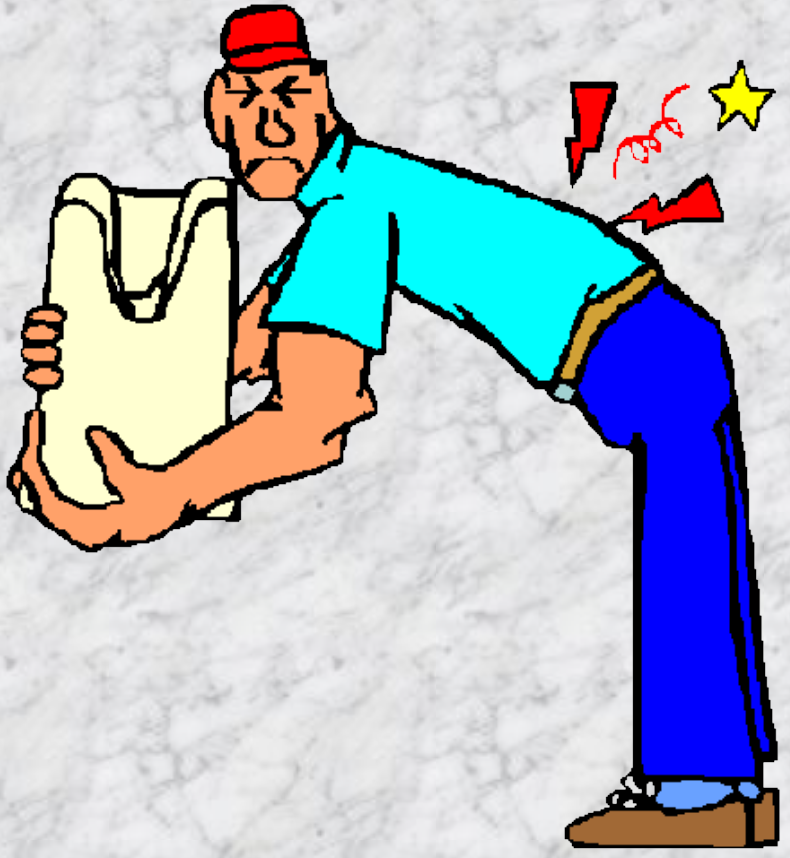
Lift Smart/Lift Safe

- Your part is just as important
- You must use proper lifting techniques…on and off the job
- Report on-duty injuries to your supervisor as soon as possible



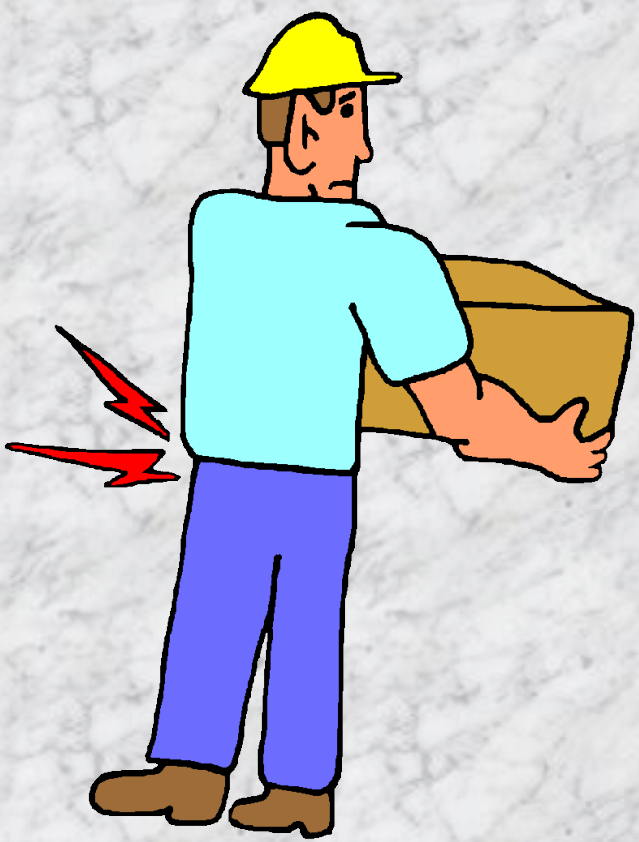
Lift Smart/Lift Safe

- Most back injuries result from improper lifting
- The worst lifting situation occurs when the body is extended over the load; the lower back ends up supporting the weight of the load and the weight of your body



Lift Smart/Lift Safe

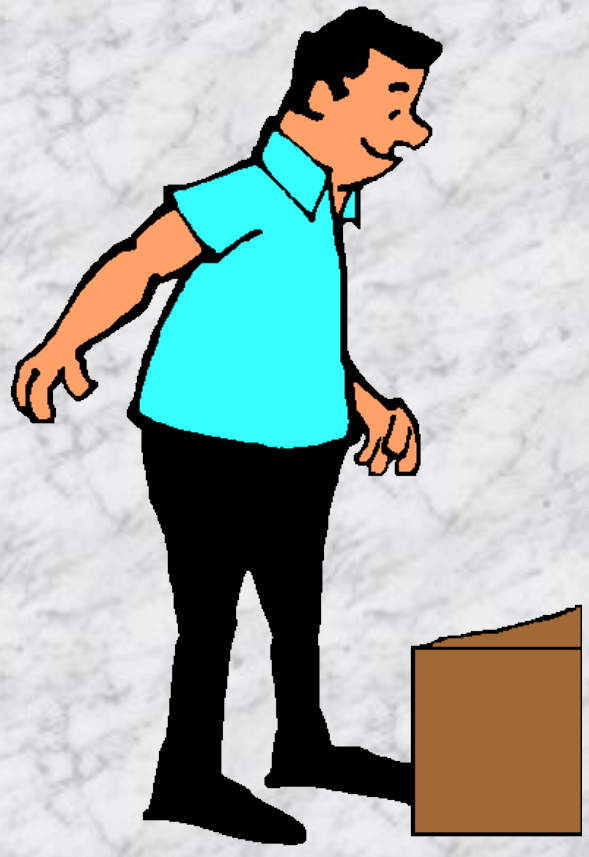
- Twisting in this position also increases the chances for injury



Lift Smart/Lift Safe

- Proper lifting can be accomplished through six basic steps

1. Size up the load and get a firm footing
- Mentally “size up” the load



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2. Bend at the knees, not at the waist

3. Tighten your abdominal muscles as you lift

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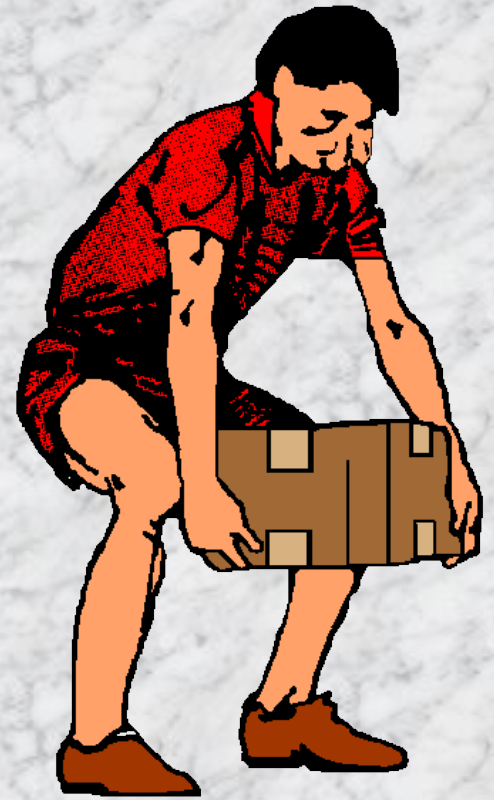
4. Lift with your legs

- Let your powerful leg muscles do the work of lifting the weight



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5. Keep the load close

- Don’t hold the load away from your body
- The closer the load is to your body, the less force it exerts on you spine

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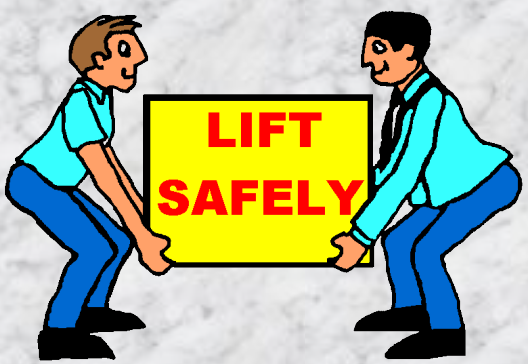
6. Keep your back upright during the lift

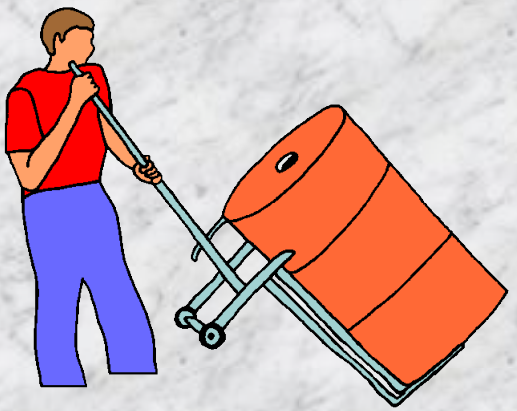
- Avoid twisting while lifting the load

Lift Smart/Lift Safe

- If you think a load is to heavy or to large to handle…ask for assistance



- Better yet, use material handling equipment to lift or move the load when possible.



Lift Safe/Lift Smart

- As stated earlier, back injury prevention is everyone's responsibility
- By thinking about lifting before you do the task, you can reduce the chance of injury